

WHAT IS CLAIMED IS:

- 5                   1. A mobile body suspension exercise device, comprising:  
a frame having a plurality of wheels;  
a body lift system including a harness extending from the frame, the  
height of the harness being selectively adjustable by a user therein;  
a handlebar disposed adjacent to the user and extending to one or  
10 more of the wheels for selectively steering the device; and  
a brake system including a brake operably connected to at least one  
wheel and a brake actuator accessible to the user.
- 15                   2. The exercise device of claim 1, wherein the frame comprises an  
arching member extending between generally parallel lower members having  
the wheels operably coupled thereto.
- 20                   3. The exercise device of claim 2, wherein the body lift system  
includes a support frame attached to the arching member above the harness.
- 25                   4. The exercise device of claim 1, wherein the body lift system  
includes a cable of adjustable length coupled to the harness.
5. The exercise device of claim 4, including a motor operably coupled  
to the cable for raising and lowering the harness.
6. The exercise device of claim 5, including a winch operably  
connected to the motor and the cable for adjusting the length of the cable.

7. The exercise device of claim 5, including a controller accessible to the user for actuating the motor.

5 8. The exercise device of claim 4, including a spring interconnecting the harness and the cable.

9. The exercise device of claim 1, including a motor operably coupled to a wheel for propelling the device.

10 10. The exercise device of claim 9, including a throttle control accessible to the user for selecting the speed of the motor.

11. The exercise device of claim 1, wherein the wheels are adapted for use outdoors on uneven surfaces.

15 12. A mobile body suspension exercise device, comprising:  
a frame having a plurality of wheels;  
a body lift system including a cable of adjustable length extending from the frame and coupled to a harness;  
20 a motor operably coupled to the cable;  
a controller accessible to a user in the harness for actuating the motor to selectively raise and lower the harness to unload and load the weight on the user's feet while operating the device; and  
25 a handlebar extending to one or more of the wheels for selectively steering the device.

13. The exercise device of claim 12, including a brake system having a brake operably connected to at least one wheel and a brake actuator accessible to the user.

14. The exercise device of claim 12, wherein the frame comprises an arching member extending between generally parallel lower members having wheels operably coupled thereto.

5                   15. The exercise device of claim 14, wherein the body lift system includes a support frame attached to the arching member above the harness and supporting at least a portion of the cable.

10                   16. The exercise device of claim 12, including a winch operably connected to the control device, motor and the cable, for adjusting the length of the cable.

15                   17. The exercise device of claim 12, including a spring interconnecting the harness and the cable.

                    18. The exercise device of claim 12, including a motor operably coupled to a wheel for propelling the device.

20                   19. The exercise device of claim 18, including a throttle control accessible to the user for selecting the speed of the propelling motor.

                    20. The exercise device of claim 12, wherein the wheels are adapted for use outdoors on uneven surfaces.

25                   21. A mobile body suspension exercise device, comprising:  
a frame having a plurality of wheels adapted for use outdoors or uneven surfaces;

a body lift system including a cable of adjustable length extending from the frame and coupled to a harness;

30                   a motor operably coupled to the cable;

a controller accessible to a user in the harness for actuating the motor to selectively raise and lower the harness to unload and load the weight on the user's feet while operating the device;

a motor operably coupled to a wheel for propelling the device;

5 a throttle control accessible to the user for selecting the speed of the propelling motor;

a handlebar extending to one or more of the wheels for selectively steering the device; and

10 a brake system having a brake operably connected to at least one wheel and a brake actuator accessible to the user.

22. The exercise device of claim 21, wherein the frame comprises an arching member extending between generally parallel lower members having  
15 wheels operably coupled thereto.

23. The exercise device of claim 22, wherein the body lift system includes a support frame attached to the arching member above the harness and supporting at least a portion of the cable.

20 24. The exercise device of claim 21, including a winch operably connected to the control device, motor and the cable, for adjusting the length of the cable.

25 25. The exercise device of claim 21, including a spring interconnecting the harness and the cable.